

If you are in DANGER or NEED immediate assistance please dial 911!



You can also call the YWCA Domestic Violence Prevention Center at (888) 528-1041, or the Virginia Family Violence and Sexual Assault Hotline at 1-800-838-8238 (v/tty)

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This Resource Guide is also provided by the Lynchburg Domestic and Sexual Violence Prosecution Unit within the Lynchburg Commonwealth Attorneys Office and the Coalition Against Domestic Violence for the 24th Judicial District, Inc. - a regional coalition made up of a diverse group of agencies and concerned citizens dedicated to providing leadership in the prevention of and response to domestic violence occurring in communities. www.cadv-24.org

(Revised June 2014)

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WHAT IS DOMESTIC AND DATING VIOLENCE?

- Nearly half of all women in the United States have experienced at least one form of psychological aggression by an intimate partner.
- On average, more than three women are murdered by their husbands or boyfriends every day.
- One out of three women around the world has been beaten, coerced into sex, or otherwise abused during her lifetime.

Domestic and dating violence is more than a disagreement between people; it represents a violation of trust and is the leading cause of injury to women between the ages of 15 and 44. It is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control or power over another partner. The behavior may be verbally, physically, emotionally, or sexually abusive. It also includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

Types of abuse:

Physical Abuse: Hitting, slapping, spitting, shoving, grabbing, pinching, biting, hair-pulling, biting, etc. Physical abuse also includes denying a partner medical care or forcing alcohol and/or drug use.

Strangulation -If your partner attempted to strangle you please note that this is a very serious form of physical violence experienced by victims of intimate partner violence. What should you do if this is or has happened to you?:

Help is available. Call 911 and seek medical attention even if you don't believe there is any outward sign of injury.

- Help is available. Call 911 and seek medical attention even if you don't believe there is any outward sign of injury.
- Be aware that you can lose consciousness within ten seconds and brain death can begin in 4-5 minutes.
- Tell the medical team you were strangled and share the details to the best of your ability. It could save your life.

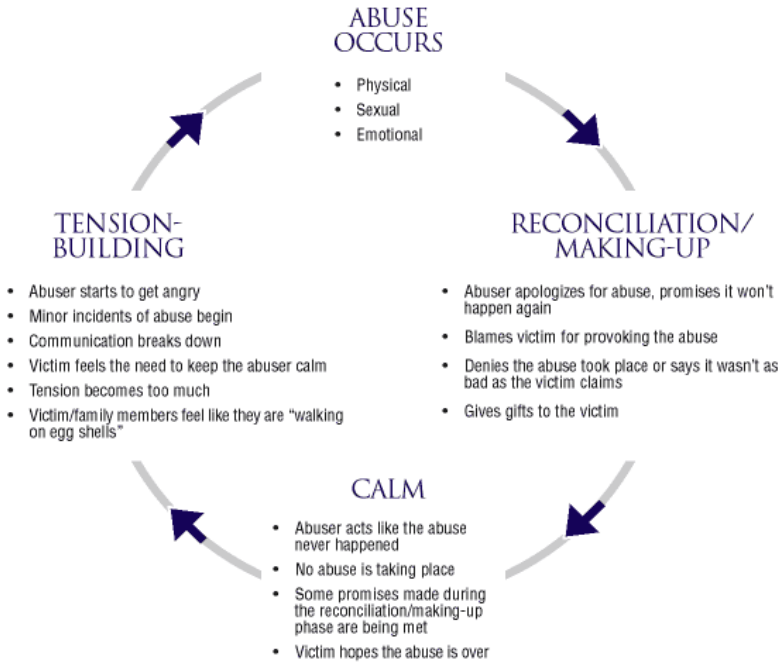
Sexual Abuse: Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

Emotional Abuse: Undermining an individual's sense of self-worth and/or self-esteem. This may include, but is not limited to, constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

Economic Abuse: Making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

Psychological Abuse: Causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Domestic violence affects people of all backgrounds and can occur in a variety of relationships: co-habitual, dating, married, separated, divorced, heterosexual, or gay/lesbian. Control is the goal of domestic violence - the abuser develops a cycle of violence which grows in severity and frequency. It is a learned pattern of behavior whose effects, without intervention, become more destructive over time and can become lethal. The **Cycle of Violence** (shown below) depicts this pattern:



Domestic violence not only affects those who are abused, but also has a substantial effect on children, family members, friends, co-workers, other witnesses, and the community at large. Children who grow up witnessing domestic violence are among those seriously affected by this crime. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life - therefore, increasing their risk of becoming society's next generation of victims and abusers.

Am I a Victim of Domestic or Dating Violence?

Q: How would you define domestic violence?

- a) Domestic violence is a disagreement between two people.
- b) Domestic violence is a pattern of abusive behaviors, which serve to establish control of one partner over another. These behaviors may include physical assault, threats of harm or psychologically abusive behavior.
- c) None of the above

A: The correct answer is B. Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse or financial abuse (using money and financial tools to exert control)

Q: Are there any warning signs that someone is a potential abuser?

A: You probably could not pick an abuser out of a crowd. However, most abusers share some common characteristics which may include some or all of the following:

- Someone who insists on moving in too quickly in a relationship;
- Someone who is very charming and may seem just too good to be true;
- Someone who insists that you stop participating in an activity or attempts to isolate you from your friends and family;
- Someone who is extremely jealous or controlling;
- Someone who does not want to take responsibility for their actions and blames others for everything that goes wrong; and,
- Someone who criticizes your appearance and makes frequent verbal jabs or put-downs.

Q: Am I a victim of dating or domestic violence?

- a) Does your partner get jealous when you go out or talk with others?
- b) Does your partner frighten or intimidate you?
- c) Does your partner put you down, but then tell you he/she loves you?
- d) Does your partner try to impose restrictions on the way you dress or your appearance?
- e) Have you been held down, shoved, pushed, hit, kicked or had things thrown at you by your partner?
- f) Are you afraid to break up with your partner because of fear for your personal safety?
- g) Has your partner forced or intimidated you into having sex? If you answered yes to any of these questions you may be a victim of domestic or dating violence.

A: If you responded yes to any of the examples listed below you probably have or are experiencing domestic or dating violence.

Sources: National Domestic Violence Hotline, National Center for Victims of Crime, and United States Department of Justice, Office on Violence Against Women

Protective Orders

This section is intended to provide information regarding protective orders for victims of domestic and dating violence. It contains only general information. The situation for each individual is different, and there are many exceptions. Protective Orders can provide you with legal protection, but they cannot necessarily protect you from a bullet or a knife. To protect yourself from a violent act, you should develop and follow a safety plan (please refer to pages 38-47). It is important to get further information from your domestic violence service agency, victim/witness program, sexual assault service agency, and/or discuss your situation with the Intake Officer within the Court Services Unit, Juvenile and Domestic Relations District Court



What is a Protective Order?

It is a legal document issued by a magistrate or the court to help you protect yourself, your children, and other family or household members from someone who is hurting you or causing you fear. It is a civil remedy for individuals experiencing acts and/or threats of violence and to protect the health and safety of an abused person and his/her family or household members.

Common Terms Used in Seeking a Protective order

- Petitioner or Complainant: the person asking for the protective order
- Defendant or Respondent: the person who must respond to the charges the by the petitioner or complainant
- Cohabitation: Living together as spouses but not married
- Pro se: Acting as one's own attorney or lawyer
- Civil Protective Order: A legal document that requires the abuser to stay away from the person being abused
- Ex Parte: A preliminary protective order issued by a judge who hears only from the victim.

Who Can Request a Protective Order?

A person subjected to an act or threat of violence that results in bodily injury or places them in reasonable fear of death, sexual assault, or bodily injury can request a protective order. If you have been pushed, shoved, hit, kicked, punched, sexually assaulted, held against your will or forcefully restrained, stalked, cut with an object, threatened with a gun or other object which caused you harm; or someone threatened to do any of these things to you and you fear them, you may be eligible for a protective order.

Protective Orders are Free

There is no charge for petitioning for a protective order, filing copies of a protective order, or having the order served on the abuser.

Where Do I Go to Obtain a Protective Order?

In Virginia, the type of relationship you have (or have had) with the person who is harming you or threatening to harm you will determine where you will need to go to request a protective order.

What Court Do I Go To?

Juvenile and Domestic Relations District Court - Family Abuse Protective Orders are requested within the Juvenile and Domestic Relations District Court. If your relationship with the person meets Virginia's legal definition of a family or household member (please refer to the Who is a Family or Household Member on page 19), you may be eligible for a Family Abuse Protective Order. If either of the parties (petitioner or respondent) is under the age of 18, the request for a protective order should begin with the Juvenile and Domestic Relations District Court.

General District Court - All *other* requests for protective orders begin within the General District Court.

Jenna Lodge, Community Advocate with the YWCA Domestic Violence Prevention Center can assist with questions, completing forms, and accompany you and help navigate the civil process. Contact Jenna at (434) 528-0141 or jlodgeywca@yahoo.com.

What Do Protective Orders Do?

They can help prevent further acts of violence by court mandating the following:

- No contact from the respondent;
- No further acts of violence, force or threat; and,
- Provide other conditions the court determines necessary to protect you and/or your family members.

In addition to the mandates listed above Family Abuse Protective Orders can also offer the following:

Family Abuse Preliminary Orders

- Require the abuser to maintain utility service for the household;
- Grant temporary possession of a jointly owned vehicle; and,
- Other relief necessary to protect the victim and/or family members.

In addition to the mandates listed above, Family Abuse Permanent Protective Orders state the following:

- Require the abuser to participate in treatment or counseling;
- Grant temporary custody and visitation for the children: and,
- Grant temporary child support.

Who Is a Family or Household Member?

“Family or household members” include: a spouse or ex-spouse, whether or not they live together; parents, children, step-parents, step-children, siblings, grandparents, and grandchildren, whether or not they live together; in-laws, who live in the same home; cohabitants and those who have co-habitated in

the past year and their children; and persons who have a child in common, whether or not they live together. You are eligible for a Family Abuse Protective Order ONLY when a family or household member has committed domestic violence against you.

Types of Protective Orders:

- Emergency Protective Order - (expires at the end of the third day following issuance or the next day court is in session, whichever is later)
- Preliminary Protective Order - (lasts 15 days or until a full hearing is conducted)
- Permanent Protective Order - (may last up to 2 years)

Emergency Protective Order (EPO) - This order is usually requested by a law enforcement officer if an arrest has been made or if the officer believes there is concern for further abuse. This order can only be issued by a Magistrate or a Judge and lasts only a short time. A victim of abuse can also make an emergency request for this order at the Magistrate’s office even if an arrest has not occurred. The Emergency Protective Order can order the abuser to stay away until you can get a preliminary or “permanent” Protective Order but if you are in danger, plan how to stay safe. **YOU CANNOT RELY ON THE PROTECTIVE ORDER TO PROTECT YOU.** Refer to pages 10-15 for ways to develop a safety plan ahead of time.

How and Where do I Obtain an EPO?

- Court Services Unit - If you need to obtain an emergency protective order against a family or household member and it is a weekday (Monday - Thursday) and during the hours of 8:30 AM - 3:00 PM go to the Court Services Unit located within the Juvenile and Domestic Relations District Court. Fridays during the hours of 8:30 AM to noon.
- Magistrate’s Office - If you need to obtain an emergency protective order during the weekend (Saturday or Sunday) and or after the hours indicated above for the court than you can ask a law enforcement officer (police or sheriff) or a magistrate for an EPO. A magistrate is an officer of the court that can issue protective orders and warrants. Law enforcement officers can call a magistrate or a judge for an EPO if they believe that domestic violence has occurred and will probably occur in the near future.

How long does the EPO Last? An EPO lasts for 72 hours or until the next scheduled court day, whichever is later. If you want your Protective Order to continue, you must go to the Intake Office of the Juvenile and Domestic Relations Court or General District Court and petition for a Preliminary Protective Order before the EPO expires.

Preliminary Protective Order (PPO) A Preliminary Protective Order (PPO) may: (1) legally order the abuser to stop abusive or threatening behavior; (2) prohibit the abuser from contacting you at home, at work, or by phone; (3)

order the abusive person removed from the home you share with him or her; (4) grant exclusive possession, but not title, of the home and/or jointly owned car to you; (5) grant temporary custody and visitation of the children; and/or (6) provide other relief necessary for your protection.

What do I obtain a PPO? You must obtain a PPO within a short time after you have been assaulted or threatened. You do not have to have an EPO to get a PPO. The abuser does not have to be at the hearing.

Where do I get a PPO? Again, depending on the relationship with the person who is abusing you would you can ask (petition) for a PPO at either the Intake Office for the Juvenile and Domestic Relations Court or the Clerk's Office at the General District Court in the locality in which the abuse occurred. A judge will decide if the Preliminary Protective Order will be granted based on your sworn statement.

How long does the PPO last? The PPO lasts for up to 15 days. At the PPO hearing, a date for a hearing on the final Protective Order is set.

Permanent/Final Protective Order (PO) - is an order that can be issued for up to two years. These orders are issued if there is enough evidence of an act or threat of violence and both parties are present in court. The judge will decide whether or not to issue an order. Permanent Protective Orders can also be extended for an additional two years if the petitioner requests an extension and the judge determines there is a need for extended protection.

What can a Protective Order do for me? You must attend the final Protective Order hearing, which is scheduled at the time of your Preliminary Protective Order hearing. The judge will subpoena the abuser to be at the protective order hearing. Both you and the abuser will be asked to describe what happened.

Where do I get a PO or Final Order? The protective order hearing will be held in Juvenile and Domestic Relations Court (Family Abuse) or General District Court in the locality in which the abuse occurred.

Do I Need Legal Representation for a Protective Order? No. You do not need an attorney to file for a protective order. However, there are often free legal services available for low-income victims who would like to obtain a protective order. Many area domestic violence service agencies have free attorneys and victim advocates available for victims who would like a Protective Order. Local Legal Aid offices also assist victims in obtaining protective orders. All local Juvenile and Domestic Relations District Courts have court services units to assist victims in obtaining protective orders. To find out more about the services available in your area, please call the toll free **Statewide Domestic Violence Hotline at 1-800-838-8238**.

Information obtained by DCJS, Virginia Department of Criminal Justice Services, Protective Orders in Virginia – A Guide for Victims, June 2012

Other Questions About Protective Orders

What should I bring with me? You should bring the name, address and identifying information of the person from whom you are seeking protection and a *full* description of the event that led you to seek a protective order. The address should be the place where the person can be found and not a P.O. Box. You should also bring your copy of the Emergency Protective Order and information about the warrant or petition alleging an act of violence, force or threat, if either was issued

Do I Have to Press Charges to Get a Protective Order? No. A protective order is a civil order, and is not the same as pressing criminal charges. You may press criminal charges against the abuser, in addition to petitioning for a family abuse protective order, but you do not have to press charges in order to get a protective order. If the abuser violates a protective order, he or she can be sent to jail. It should be noted that stalking protective orders do require that a warrant for the stalker's arrest be obtained for the victim to be eligible for the stalking protective order.

Is A Protective Order From Another State Valid In Virginia? If I Go To Another State, Will My Virginia Protective Order Be Valid In That State? The answer to both questions is yes. Federal Law requires states to enforce each other's Protective Orders. To prevent confusion or delay in enforcing the order by law enforcement, you can register a certified copy of your order with the Juvenile and Domestic Relations Court in the city or county where you will be visiting or residing.

How to Make Sure Protective Orders Work for You!

- Follow all the conditions and terms stated in your protective order.
- Go to all the scheduled hearings.
- Report any violations of the protective order to law enforcement immediately.
- Carry a copy of the protective order with you at all times and show it to law enforcement if it is violated.
- Avoid deliberate contact with the abuser.
- Develop a safety plan with your domestic violence service agency or victim/witness program.

I-CAN! Virginia

Virginia has an Online Forms Completion Program for protective orders called I-CAN! Virginia. It is a free online program that helps individuals complete the forms necessary to ask the courts for protective orders. I-CAN Virginia is available on Virginia's Judicial System Website at www.courts.state.va.us. To access I-CAN!, from the main menu select "Programs" and then click "Assistance with Protective orders (I-CAN!)"

Summary

Protective Orders are a valuable tool, which victims of domestic violence can use to help protect them from abuse. However, victims of domestic violence should also develop their own personal safety plans.

GUIDE TO COMMUNITY RESOURCES



Important Contacts and Resources

- **Lynchburg YWCA Domestic Violence Prevention Center:** (434) 528-1041 or 1-888-528-1041. Provides 24 hour hotline as well as shelter, support groups, assistance with housing, food, and other needs.
- **Sexual Assault Response Program:** (434) 947-7273 or (888) 947-7273. Provides 24 hour hotline and face-to-face accompaniment at the hospital, police department, and other safe locations.
- **Virginia Family Violence and Sexual Assault Hotline:** (800) 838-8238 for information on a Domestic and Sexual Violence Program in your area.
- **Crime Victim Assistance INFO-LINE:** (888) 887-3418, Monday - Friday, 9:00 AM - 5:00 PM. Provides information regarding your rights as a victim of crime as well as referrals to local services and crisis intervention, as needed.
- **Department of Corrections Victim Services Section:** (800) 560-4292 to request notice of the release, transfer, name change, or escape of incarcerated offenders in the state prison system.
- **Office of Attorney General:** Call (800) 370-0459 to request notice of the defendant appeal of his/her conviction and/or sentence.
- **Criminal Injuries Compensation Fund:** (800) 552-4007, FAX: (804) 367-1021, email: cicfmail@vwc.state.va.us.

General Assistance

United Way of Central Virginia

P.O. Box 10008
1010 Miller Park Square
Lynchburg, VA 24501
(434) 846-8467
www.unitedwaycv.org

2-1-1 Virginia - Central Region

P.O. Box 10008
Lynchburg, VA 24506
Toll free 2-1-1 (434) 845-8016
www.211virginia.org

Commonwealth's Attorneys' Offices

Amherst County Commonwealth's Attorney

P.O. Box 358
113 Taylor Street
Amherst, VA 24521
(434) 946-9316
www.countyofamherst.com

Appomattox County Commonwealth's Attorney

P.O. Box 2038
297 Court St., Suite A
Appomattox, VA 24522-2038
(434) 352-7627
www.appomattoxccountyva.gov/commonwealthattorney.shtml

Bedford County Commonwealth's Attorney

P.O. Box 1071
123 East Main Street, Suite 302
Bedford, VA 24523
(540) 586-7628
www.co.bedford.va.us/Res/Gov/infor.htm

Campbell County Commonwealth's Attorney

P.O. Box 236
732 Village Highway
Rustburg, VA 24588
(434) 332-9520
www.co.campbell.va.us/depts/courts/pages/index.aspx

Lynchburg Commonwealth's Attorney

P.O. Box 1539
901 Church Street
Lynchburg, VA 24505
(434) 455-3760
www.ocalynchburg.com

Nelson County Commonwealth's Attorney

P.O. Box 447
84 Courthouse Square
Lovingson, VA 22949
(434) 263-7010
(434) 263-7013 (Fax)

Counseling Services

Horizon Behavioral Health

114 Lexington Turnpike, Suite 200
Amherst, VA 24521
(434) 946-2316
www.horizonbh.org

Horizon Behavioral Health

226 Clover Lane
Appomattox, VA 24522
(434) 352-8239
www.horizonbh.org

Horizon Behavioral Health

1409 Ole Dominion Blvd
Bedford, VA 24523
(540) 586-5429
www.horizonbh.org

Horizon Behavioral Health

37 Village Highway
Rustburg, VA 24588
(434) 332-5149 (adult)
(434) 332-5111 (child)
www.horizonbh.org

Horizon Behavioral Health

Administrative Office
2241 Langhorne Road
Lynchburg, VA 24501
(434) 847-8050

Horizon Behavioral Health

Child & Family Services: (434) 948-4831
2215 Langhorne Rd.
Lynchburg, VA 24501

Horizon Behavioral Health

Courtland Center - Adult
620 Court Street
Lynchburg, VA 24504
(434) 847-8035

Presbyterian Homes & Family Services & Family Alliance- Counseling Center

Tarkington Building
2600 Memorial Avenue, Suite 201
Lynchburg, VA 24501
(434) 845-5944
www.phfs.org

Provides counseling to individuals, children, adolescents, couples, and families. Accepts most insurance and fees can be based on an income based sliding scale. *Anger Management* - 6 week highly interactive program - held on Tuesdays Children in the Middle - 4 hour intensive, a specialized parenting class for divorced or divorcing couples *Pastoral Counseling Services of Central Virginia* - dependable professional help for people facing the distresses and difficulties of everyday life

Couples and Kids/Mental Health America of Central VA

2316 Atherholt Road
Lynchburg, VA 24501
(434) 847-9055
www.mhacv.org
Offers individual, couple, and family counseling

Emergency Mental Health Services

Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501
(434) 200-3033
www.centrahealth.com

Mental Health America of Central Virginia

2316 Atherholdt Road, Suite 206
Lynchburg, VA 24501
(434) 847-9055
www.mhacv.org

- *Individual Support and Recovery Group* - 6-8 week support and education group aimed at enhancing coping and self-sufficiency skills for persons recovering from mental illness.
- *MESA Family Support Group* - 8-12 week support and education program for family members of persons with persistent mental illness that focuses on self-care, stress reduction, and community resources.
- *Survivor f Loss to Death by Suicide* - 6 week support group for those that have lost a family member or friend to suicide.

Piedmont Psychiatric Center

Virginia Baptist Hospital
3300 Rivermont Ave
Lynchburg, VA 24503
(434) 200-5999
www.centrahealth.com

Life Skills Counseling Center

P.O. Box 452
622 Front Street
Lovingson, VA 22949
(434) 263-6080

Region 10 Community Services

71 Tan Bark Plaza
Lovingson, VA 22949
(434) 263-4889

Courts - Circuit Courts

www.courts.state.va.us/courts/circuit.html

Amherst County Circuit Court

P.O. Box 462
113 Taylor Street
Amherst, VA 24521
(434) 946-9321
(434) 946-9323 (Fax)
8:30 AM - 5:00 PM

Appomattox County Circuit Court

P.O. Box 672
297 Court Street, Suite B
Appomattox, VA 24522
(434) 352-5275
(434) 352-2781 (Fax)
8:30 AM - 4:30 PM

Bedford County Circuit Court

123 East Main Street, Suite 201
Bedford, VA 24523
(540) 586-7632
(540) 586-6197 (Fax)
8:30 AM - 5:00 PM

Campbell County Circuit Court

P.O. Box 7
732 Village Highway
Rustburg, VA 24588
(434) 592-9517
8:30 AM - 4:30 PM

Lynchburg Circuit Court

P.O. Box 4
900 Court Street
Lynchburg, VA 24505
(434) 455-2620
(434) 847-1864 (Fax)
8:15 AM - 4:45 PM

Nelson County Circuit Court

P.O. Box 10
84 Courthouse Square, First Floor
Lovingsston, VA 22949
(434) 263-7020
(434) 263-7027 (Fax)
8:00 AM - 5:00 PM

Courts - General District Courts

www.courts.state.va.us/courts/gd.html

Amherst County General District Court

P.O. Box 513
113 Taylor Street
Amherst, VA 24521
(434) 946-9351
(434) 946-9359 (Fax)
8:00 AM - 4:00 PM

Appomattox County General District Court

P.O. Box 187
297 Court Street, Second Floor
Appomattox, VA 24522
(434) 352-5540
(434) 352-0717 (Fax)
8:30 AM - 4:30 PM

Bedford County General District Court

123 East Main Street, Suite 202
Bedford, VA 24523
(540) 586-7637
(540) 586-7684 (Fax)
8:00 AM - 4:00 PM

Campbell County General District Court

P.O. Box 97
732 Village Highway
Rustburg, VA 24588
(434) 332-9546
(434) 332-9694 (Fax)
8:00 AM - 4:00 PM

Lynchburg General District Court

905 Court Street
Lynchburg, VA 24504
(434) 455-2640 (civil)
(434) 455-2630 (criminal and traffic)
(434) 847-1779 (Fax)
8:00 AM - 4:00 PM

Nelson County General District Court

P.O. Box 514
84 Courthouse Square
Lovingsston, VA 22949
(434) 263-7040
(434) 263-7033 (Fax)
8:00 AM - 4:00 PM

Courts - Juvenile and Domestic Relations District Courts

www.courts.state.va.us/courts/jdr.html

Amherst County Juvenile & Domestic Relations District Court

P.O. Box 178
113 Taylor Street
Amherst, VA 24521
(434) 946 -9355
(434) 946-9374 (Fax)
8:30 AM - 4:30 PM

Appomattox County Juvenile & Domestic Relations District Court

Courthouse, Second Floor
P.O. Box 26
297 Court Street
Appomattox, VA 24522
(434) 352-8225
(434) 352-8635 (Fax)
17 8:30 AM - 4:30 PM

Bedford County Juvenile & Domestic Relations District Court

123 East Main Street, Suite 101
Bedford, VA 24523
(540) 586-7641
(540) 587-9395
8:00 AM - 4:00 PM

Campbell County Juvenile & Domestic Relations District Court

P.O. Box 220
732 Village Highway, Second Floor
Rustburg, VA 24588
(434) 332-9555
(434) 332-9692 (Fax)
8:00 AM - 4:00 PM

Lynchburg Juvenile & Domestic Relations District Court 909 Court Street

Lynchburg, VA 24504
(434) 455-2670
(434) 847-1442 (Fax)
8:00 AM - 4:00 PM*

Nelson County Juvenile & Domestic Relations District Court

P.O. Box 7 84 Courthouse Square

Lovingston, VA 22949
(434) 263-7030
(434) 263-7033 (Fax)
8:00 AM - 4:30 PM

Courts - Magistrate's Offices
www.courts.state.va.us/mad.htm

Amherst County Magistrate

113 Taylor Road
Amherst, VA 24572
(434) 946-9349

Appomattox County Magistrate

550 Old Courthouse Road
Appomattox, VA 24522
(434) 352-0422

Bedford County Magistrate

1000 Broad Street Bedford, VA 24523
(540) 586-7657

Campbell County Magistrate

P.O. Box 97
756 Village Highway Rustburg, VA 24588
(434) 332-9563

Lynchburg Magistrate

524 9th Street
Lynchburg, VA 24504
(434) 847-1329

Nelson County Magistrate

94 Courthouse Square
Lovingston, VA 22949
(434) 263-8320

Court Services Units

www.djj.state.va.us/Community_Programs/Field_Operations/CSUListing.aspx
Provides intake services for Juvenile & Domestic Relations District Courts (e.g., child support, custody, protective orders).

Amherst County Court Services Unit - 24th Judicial District

113 Taylor Street
Amherst, VA 24521
(434) 946-9360
8:30 AM - 5:00 PM

Appomattox County Court Services Unit - 10th Judicial District

175 Morton Lane
Appomattox, VA 24522
(434) 352-8224
8:15 AM - 5:00 PM

Bedford County Court Services Unit - 24th Judicial District 1
23 East Main Street, Suite 102
Bedford, VA 24523
(540) 586-7645
8:30 AM - 5:00 PM

Campbell County Court Services Unit - 24th Judicial District
732 Village Highway
Rustburg, VA 24588
(434) 592-9533
8:30 AM - 5:00 PM

Lynchburg Court Services Unit - 24th Judicial District
909 Court Street
Lynchburg, VA 24504
(434) 455-2660
8:30 AM - 5:00 PM*

* Please note: If you need to obtain an emergency protective order or preliminary protective order against a family or household member and it is a weekday (Monday - Thursday) and during the hours of 8:30 AM - 3:00 PM go to the Court Services Unit located within the Juvenile and Domestic Relations District Court. On Fridays the hours are 8:30 AM to 11:00 AM

Nelson County Court Services Unit - 24th Judicial District
84 Courthouse Square
Lovington, VA 22949
(434) 263-7035
8:00 AM - 4:00 PM

Crisis Lines

Lynchburg YWCA Domestic Violence Center
24 Hour hotline and shelter
1-888-528-1041

Sexual Assault Response Program
24 hour hotline
1-888- 947-7273

Provides 24 hour hotline and face-to-face accompaniment at the hospital, police department, and other safe locations.

1-800-SUICIDE (24 HOUR ASSISTANCE)
National Hopeline Network/ National Suicide Prevention Lifeline
1-800-273-talk (8255)

CrisisChat.org

Online Emotional Support - is a joint service of the National Suicide Prevention Lifeline - you can interact with a specialist who will give you space to talk about what you are upset about and help explore feelings and thoughts associated with the crisis.

Vet2Vet Veteran's Crisis Hotline

1-877-838-2838

Domestic Violence Services

Bedford Domestic Violence Services

P.O. Box 783

Bedford VA, 24523

(540) 587-0970 (24-hour Hotline)

www.co.bedford.va.us/Res/Social/Domestic/index.htm

Provides counseling, referrals, and court accompaniment. Counseling available by walk-in and by appointment.

Coalition Against Domestic Violence for the 24th Judicial District, Inc.

Office of the Commonwealth's Attorney

901 Church Street

Lynchburg, VA 24504

(434) 455-3790

www.cadv-24.org

A coalition of agencies and concerned citizens dedicated to providing leadership in prevention and responding to domestic violence in our community.

LGBTQ Partner Abuse and Sexual Assault Helpline

1.866.356.6998 Monday-Friday, 8am-8pm

The LGBTQ Partner Abuse and Sexual Assault Helpline provides a free and confidential telephone service for lesbian, gay, bisexual, trans, and queer or questioning callers looking for information or help regarding intimate partner abuse, sexual assault, and stalking. For Virginia callers

YWCA Domestic Violence Prevention Center

626 Church Street

Lynchburg, VA 24504

(434) 528-1041

(888) 528-1041 (24-hour hotline)

www.ywca.org/centralvirginia

Serves the Cities of Lynchburg and Danville and the Counties of Amherst, Appomattox, Bedford, and Campbell. Provides shelter, 911 cell phones, free installation of ADT security systems, safety planning, relocation, assistance in job searches, court accompaniment, and assistance in obtaining a protective order.

Employment

Goodwill

Offers many programs and services aimed at preparing individuals with disabilities and other obstacles to employment to thrive in competitive work environments. Although Goodwill does not offer all programs and services at all locations, Goodwill is open to discussing needs and opportunities with individuals and service providers in the regions we serve. To discuss programs

or services not outlined here, call (804) 745-6300 in Central Virginia or (757) 248-9405 in Hampton Roads.

- AbilityOne Program: provides employment opportunities in the delivery of products and services to the Federal Government. This program is designed for people with documented disabilities who have been identified as ready to work in a fully-integrated work setting but may struggle working in a community business. The individuals need basic supervision but require a supportive work environment. An Employment Specialist matches an individual with jobs at AbilityOne contracts. The individual must be willing to perform janitorial or shelf stocking tasks and must maintain a minimum productivity rate. For more information, please contact us at (804) 745-6300 in Central Virginia or (757) 248-9405 in Hampton Roads.

- Program/Service Reentry Policy: It is the policy of Goodwill Industries serving Central Virginia and Hampton Roads (Goodwill) is to provide opportunities for persons placed in competitive employment or other employment services to return to Goodwill's services if job loss occurs within 60 days, and the following conditions exist:
 - At the time of program/service exit the person demonstrated work habits, job skills and interpersonal skills indicative of successful employment.
 - Goodwill is committed to working with any individual who desires assistance. The staff recognizes that a number of circumstances can result in job loss.
 - If the person left a funded service and desires to return to this service, Goodwill staff will initiate contact with the referral and/or funding source to facilitate this process. When a return to funded services is not an option, Goodwill will provide other services designed to meet the needs of the program participant while appropriate employment or other services are developed. Services provided on an interim basis may include but are not limited to the following:
 - Skill training
 - Job retention sessions (individual or group)
 - Employment Center Services
 - Individual counseling sessions
 - Community access activities
 - Volunteer experiences

Virginia Employment Commission

3125 Odd Fellows Road
Lynchburg, VA, 24501
PHONE: (434) 947-6671
FAX: (434) 947-2339

Serves: Counties of Amherst, Appomattox, Bedford. and Campbell and the City of Lynchburg

Virginia Workforce Commission

<http://www.vec.virginia.gov/find-a-job>

Virginia Workforce Connection - online assistance at VAWorkConnect.com

Lynchburg Community Action Group, Inc (Lyn-CAG)

Provides and Employment Services Program to assist the unemployed, underemployed or those who desire a career changes.

Financial Assistance

Appomattox Ministerial Association (Appomattox residents only)

P.O. Box 203

Appomattox, VA 24522

(434) 352-5705 - Hours Change Daily

Bedford Christian Ministries

217 W. Washington Street

Bedford, VA 24523

(540) 586-2633

Accepts walk-ins and self-referral. Written application required.

DAWN (Donations-a-Week Neighbors)

1201 Bedford Avenue

Altavista, VA 24517

(434) 369-7937

Monday - Thursday 10:00 AM - 12:00 PM

Presbyterian Homes & Family Services & the Family Alliance

Tarkington Building

2600 Memorial Avenue, Suite 201

Lynchburg, VA 24501

(434) 845-5944

www.phfs.org

- *Ways to Work* - A loan program to help low-income families maintain employment. Loan amounts range from \$500-\$4,000. (ext. 241)
- *The Alliance's Credit Counseling* - Offers a free, in-depth assessment of a family's or individual's budget situation and offers free budgeting assistance. Provides educational programs and trainings to the community. (ext. 237)
- *Vehicles for Change* - Provides gently-used cars to families who pay approximately \$100 a month for 12 months and assume full ownership. Cars are valued at approximately \$3,000 and include a 6 month/6,000 mile warranty. Families that qualify as low-income under state guidelines are eligible. (ext. 241)

Interfaith Outreach Association

701 Clay Street

Lynchburg, VA 24504

(434) 846-6098

www.interfaithoutreach.org - Weekdays 9:00 AM -12:00 PM Provides assistance to people faced with eviction or utility cut-off.

Lynchburg Community Action Group

Emergency Assistance & Crisis Intervention Program

926 Commerce Street

Lynchburg, VA 24504

(434) 846-2778

www.lyncag.org

Provides financial assistance to individuals and families faced with loss of a utility service or actual eviction from their homes due to economic hardship.

- *Service Hours* - Weekdays 9:00 AM -12:00 PM, applications will be accepted after Noon but processed the next weekday.
- *Food Vouchers* - applications taken between 9:00 AM - 4:00 PM. Need proof of household incomes and verification of current food stamps status.
- *Meds Project* - provides vouchers for clients allowing them to procure much needed prescription medications and supplies.

Monticello Area Community Action Agency

Nelson Center

8445 Thomas Nelson Highway

Lovingsston, VA 22949

(434) 263-8119

www.macao.org

Food

DAWN (Donations-a-Week Neighbors)

1280 Main Street

Altavista, VA 24517

(434) 369-7937

Food pantry service hours: Monday through Thursday 10am-noon.

Require income verification or other disability, SSI, etc.

First Baptist Church of Amherst

193 Mount Airy Road

Amherst, VA 24521

(434) 929-3764

Please call ahead to make an appointment to come in. Hours change regularly.

Chestnut Grove Baptist Church

Route 1 Highway 636

Appomattox, VA 24522

(434) 352-0316

Food pantry service hours: 3rd Saturday every month 9am-noon.

Shepherd's Table

217 W. Washington Street

Bedford, VA 24523

(540) 587-8820

Lunch Monday/Wednesday/Friday 11:00 AM - 1:00 PM

Bedford Christian Ministries (Bedford residents only)

217 W. Washington Street
Bedford, VA 24523
(540) 586-2633
Monday/Tuesday/Friday 9:30 AM - 10:30 AM
Provides food and clothing

Candlelight Outreach

243 Jackson Lane
Concord, VA 24538
(434) 993-3677
Food pantry service hours: Monday through Thursday 1-4pm deliveries..

Beulah Baptist Church Food Pantry

528 Leesville Road
Lynchburg, VA 24502
(434) 239-1776
www.beulahsbc.org
Emergency Food Weekdays 9:00 AM - 5:00 PM

Daily Bread

721 Clay Street
Lynchburg, VA 24504
(434) 845-5703 (Hot lunch from 10:50 AM -12:20 PM every day)

First Assembly of God

3135 Fort Avenue
Lynchburg, VA 24501
(434) 847-3663
Food pantry service hours: 1st and 3rd Monday 9am-noon, and 4th Monday 5:30-8pm. * Please call ahead to confirm that they still are in operation and the hours have not changed.

Holy Trinity Lutheran Church

10000 Langhorne Road
Lynchburg, VA 24503
Meal services - daily - No requirements

Interfaith Outreach

701 Clay Street
Lynchburg, VA 24504
(434) 846-6098
www.interfaithoutreach.org
Emergency food Weekdays 9:00 AM - 12:00 PM Interfaith Outreach
Association provides assistance to those who are in need of help with:

- Utility terminations
- Evictions
- Foreclosures
- First month's rent
- Security deposits for utilities
- Groceries

- Toiletries
- Cleaning supplies

Lynchburg Community Action Group

926 Commerce Street

Lynchburg, VA 24504

(434) 846-2771, or (434) 846-2778

www.lyncag.org Food pantry service hours: Daily at noon.

* Please call ahead to confirm that they still are in operation and the hours have not changed.

Park View Community Mission

2420 Memorial Ave

Lynchburg, VA 24501

(434) 845-8468

Food pantry service hours: Community dinner Wednesday 6pm and food distribution Tuesday 2-4pm and Saturday 10am-noon.

* Please call ahead to confirm that they still are in operation and the hours have not change

Salvation Army Emergency Lodge

2211 Park Avenue

Lynchburg, VA 24501

(434) 846-3182

www.salvationarmyusa.org

Breakfast 7:30 AM - 8:00 AM Dinner 5:30 PM - 6:00 PM, 7 days a week

Smyrna SDA Church

911 Taylor Street

Lynchburg, VA 24501

(434) 846-0033

Food pantry service hours: Thursdays10am-noon.

* Please call ahead to confirm that they still are in operation and the hours have not changed

Tree of Life Ministries

1209 12th Street

Lynchburg, VA 24504

Free food on Fridays - no requirements

Nelson County Food Pantry (Nelson residents only)

P.O. Box 353

9890 Thomas Nelson Highway

Lovingston, VA 22949

(434) 263-6923

Solid Rock Baptist Church

110 Church Street

Madison Heights, VA 24572

(434) 528-0325 Food pantry hours: Monday 9am-noon and 3rd Saturday of every month 9am-noon.

Health Services

Amherst County Health Department

P. O. Box 250

224 Second Street

Amherst, VA 24521

(434) 946-9408

(434) 946-9409(Fax)

www.vdh.state.va.us/LHD/Cenva/#amherst

*Please call for specific hours and appointment information. Offers:
Immunizations, family planning, maternity, and well-child.

Appomattox County Health Department

401 Court Street

Appomattox, VA 24522

(434) 352-2313

(434) 352-0232 (Fax)

www.vdh.state.va.us/LHD/Cenva/#appomattox

* Please call for specific hours and appointment information. Offers:
Immunizations, family planning, well-child, blood pressure screening, WIC, and
a newborn clinic.

Bedford County Health Department

600 Bedford Avenue

P. O. Box 148

Bedford, VA 24523

(540) 586-7952

(540) 586-7950 (Fax)

www.vdh.state.va.us/LHD/Cenva/#bedford

* Please call for specific hours and appointment information. Offers:
Immunizations, dental (for young adults and children, preventative services
only), family planning, maternity, teen clinic, well-child, walk-in clinic.

Campbell County Health Department

P.O. Box 160

116 Kabler Lane

Rustburg, VA 24588

(434) 592-9550

(434) 332-5512 (Fax)

www.vdh.state.va.us/LHD/Cenva/#campbell

* Please call for specific hours and appointment information. Offers:
immunizations, family planning, maternity, well-child, and WIC.

Blue Ridge Immediate Care

2137 Lakeside Drive

Lynchburg, VA 24501

(434) 845-4175

Walk-in clinic

Forensic Nurse Examiners

Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501
(434) 200-3642
www.centrahealth.com

Provide services to victims of crime including adult and child sexual assault, child physical assault and neglect, elder assault and neglect, adult domestic violence (reporting and non-reporting), and some assault and batteries.

Free Clinic of Central Virginia

1016 Main Street
Lynchburg, VA 24504
(434) 847-5866
www.fccv.net/

Services are provided to residents of: Lynchburg, Amherst, Appomattox, Bedford, Campbell, Nelson, and Pittsylvania. In order to be eligible for a service at the Free Clinic, the individuals must not have insurance (including Medicaid or Medicare).

- *Med Clinic Hours* - Monday - Friday 8:30 AM - 4:00 PM (closed for lunch from 1:00 PM - 2:00 PM) by appointment. On Tuesdays and Thursdays from 4:30 PM - 6:00 PM limited walk-ins
- *Dental Clinic Hours* - Wednesday and Friday 8:30 AM - 3:00 PM and Tuesday and Thursday 4:30 PM, by appointment only (closed for lunch 1:00 PM - 2:00 PM daily)
- *Pharmacy and MedHelp Hours* - Monday, Wednesday, and Friday 8:30 AM - 4:00 PM and Tuesday and Thursday 8:30 AM - 6:00 PM

Johnson Health Clinic

320 Federal Street
Lynchburg, VA 24504
(434) 947-5967
www.jhcvirginia.org

James River Dental Clinic

239 Trojan Lane
Madison Heights, VA 24572
(434) 847-4691 www.jhcvirginia.org

Johnson Health OB-Prenatal Clinic

1003 Fifth Street
Lynchburg, VA 24504
(434) 609-0708
www.jhcvirginia.org

Lynchburg Health Department

P.O. Box 6036 1900 Thomson Drive Lynchburg, VA 24501
(434) 947-6785
(434) 947-2338 (Fax)
www.vdh.state.va.us/LHD/Cenva/#lynchburg

*Call for specific hours and appointment information. Offers: Immunizations (child, adult, travel, immigration), family planning, newborn clinic, teen clinic, WIC, child development clinic, and STD clinic.

Physicians Treatment Center

2832 Candler's Mountain Road
Lynchburg, VA 24502
(434) 239-3949
Walk-in clinic

Nelson County Health Department

P.O. Box 98
63 Courthouse Square
Lovingston, VA 22949
(434) 263-8315
www.vdh.state.va.us/LHD/ThomasJefferson/Nelson

Hospitals

Bedford Memorial Hospital

1613 Oakwood Street
P.O. Box 688 Bedford, VA 24523
(540) 586-2441
www.bmhva.com

Lynchburg General Hospital

1901 Tate Springs Road
Lynchburg, VA 24501
(434) 200-3000
(434) 200-3018 (patient information)
(434) 200-3027 (ER)
www.centrahealth.com

Virginia Baptist Hospital

3300 Rivermont Avenue
Lynchburg, VA 24503
(434) 947-4000
(434) 947-4691 (patient information) www.centrahealth.com

Housing - Low Income and Affordable

Lynchburg Community Action Group

The Galleria
915 Main Street
Lynchburg, VA 24504
(434) 455-1602 Option 3
www.lyncag.org
Offers an array of services to assist clients who are facing homelessness and provide improved access to affordable housing.

Lynchburg Covenant Fellowship Inc.

412 Madison Street
Lynchburg, VA 24504.

*On Tuesday, Wednesday, or Thursday, between 9 am and 4 pm
Applications for apartments owned or managed by LCF are accepted Tuesday - Thursday, 9:00 AM - 4:00 PM at 412 Madison Street, Lynchburg, Virginia
You will need to bring your original Social Security Cards and printed Birth Certificates for all family members applying for housing. Other acceptable documents may be furnished if these are not available. Copies of these documents will be made. All completed applications will be processed in a time/date order as received, no exceptions.

Lynchburg Redevelopment and Housing Authority

P.O. Box 1298
918 Commerce Street
Lynchburg, VA 24504
(434) 485-7200

Provides housing provides housing assistance to low income residents through the management of programs such as Low Rent Public Housing and the Housing Choice Voucher Program - Section 8. These programs are income based and the eligibility guidelines are set by HUD. There may be waiting lists for rentals. The Authority owns and operates 4 apartment developments for low income families (328 total apartments). Rents are based on income.

Lynchburg Neighborhood Development Foundation

927 Church Street
Lynchburg, VA 24504
(434) 846-6964
E-mail: info@lndf.org

Affordable Mortgage Program, Home Repair Program, Homeless Program, Rental Assistance, Permanent Housing Units, Development of Affordable Housing (Multi and Single Family)

USDA Rural Development

(434) 239-3473

Nelson Community Development Foundation

P.O. Box 57
Lovingson, VA 22949
(434) 263-8074
(434) 263-8537 (Fax)

Housing - Emergency Housing

You can go to: www.womenshelters.org to find a list of all shelters for women in Virginia

Bedford Domestic Violence Services

P.O. Box
783 Bedford, VA 24523
(540) 587-0970
www.co.bedford.va.us/Res/Social/Domestic/index.html

Intake Procedure: Walk-ins and referrals accepted. Emergency shelter to women 18 and over and their children who are victims of domestic violence. Offers support services and individual counseling.

Hand-Up Lodge

926 Commerce Street
602 Fifth Street
Lynchburg, VA 24505
(434) 846-2778
(434) 846-8715 (night)
www.lyncag.org Intake

Procedure: Written application required. Must have photo ID and social security card. Telephone referrals and walk-ins accepted. Open to men and women. Income must be less than \$20,500. Must have proof of no permanent housing. Average stay is 45 days. Counseling services, referrals, transportation, and food pantry available. Facility has 28 beds.

Hope House (operated by The Salvation Army)

807 Stuart Street
Lynchburg, VA 24501
(434) 528-3271

Intake Procedure: Application required. A
Accepts women over 18 years of age. Facility can accommodate 6 adults and 1 child.

Present Help Ministries

P.O. Box 2115
Lynchburg, VA 24501
(434) 846-6304

Intake Procedure: Telephone and self-referral accepted. Available to anyone in need, each case is assessed on its own merits. Facility has 7 beds and 2 cribs.

The Salvation Army

2215 Park Avenue
Lynchburg, VA 24501
(434) 846-3182

www.salvationarmyusa.org

Open after 5:00 PM for overnight stay Intake Procedure: Requires two forms of ID, preferably both photo ID's. Average stay is 30 days. Open to men, women, and children.

YWCA Domestic Violence Prevention Center

(434) 528-1041
(888) 528-1041
www.ywca.org/centralvirginia

Emergency safe shelter to women 18 and over and their children, who are victims of domestic violence. DVPC offers individual counseling, parenting groups, education, court advocacy services, and referrals.

Housing - Transitional Housing

New Land Samaritans Inns - The Gateway

300 12th Street

Lynchburg, VA 24505

(434) 846-3311

www.gatewayprogram.com

Intake Procedure: \$100 admission fee. Accepts men over 18 years of age.

Provides housing and supportive services to homeless men. Can accommodate up to 23 people.

Hope House - A Program of the Salvation Army

2215 Park Avenue

Lynchburg, VA 24504

(434) 845-5939 or (434) 528-3271

Miriam's House

409 Magnolia Street Lynchburg, VA 24503

(434) 847-1101

www.miriamshouseprogram.org

Intake Procedure: Professional referral by a shelter or a legal eviction notice.

Accepts women age 18-62. Operates on a non-emergency basis and serves homeless single women and women with children, providing housing and rehabilitative services for up to 2 years. Maximum of 40 people.

Network for Women in Crisis

1103 Rivermont Avenue

Lynchburg, VA 24504

(434) 444-4481

(434) 832-0455 alternate number

Intake Procedure: Must complete application and interview process. Accepts women over 18 years of age and their children (up to 10 years old). Provides transitional housing for up to 4 months for homeless women and children.

Residents are provided educational programs.

YWCA Residential Program

626 Church Street

Lynchburg, VA 24504

(434) 847-7751

www.ywca.org/centralvirginia

Intake Procedure: Accepts women 18 years of age and older. Must be employed or show potential of being employed within 2 weeks of arrival. It is a 3 month to 2 year program.

Juvenile Services

Presbyterian Homes & Family Services & The Family Alliance

Children's Programs - residential, therapeutic afterschool programs, and therapeutic foster parents

150 Linden Avenue

Lynchburg, VA 24503

(434) 384-3131

www.phfs.org

Intake Procedure: Can be referred by agency or private placement. Short term 30-60 day emergency shelter for abused and neglected children ages 2-17.

Centra - Bridges Treatment Center

693 Leesville Road

Lynchburg, VA 24502

(434) 200-5700

1-800-947-5442 (toll free)

www.centrahealth.com/about/bridges.aspx

Freestanding, long-term residential facility devoted entirely to helping children with emotional and behavioral problems.

Jubilee Family Development Center

1512 Florida Avenue

Lynchburg, VA 24501

(434) 845-0433 www.jubileefamily.org Jubilee provides year-round programming, with offerings in educational enrichment/academic assistance, athletics and technical/vocational awareness and training.

Lynchburg Regional Juvenile Detention Center

1400 Florida Avenue

Lynchburg VA, 24501

(434) 455-7878

Opportunity House

150 Linden Avenue

Lynchburg, VA 24503

(434) 847-1665

www.phfs.org

Provides residential and counseling services, case management, social skill development, and parental education for male juveniles. Average stay is 1 to 6 months.

Single Point of Entry

405 Cabell Street

Lynchburg, VA 24504

(434) 455-4150

Provides short-term crisis intervention, shelter care, outreach detention, electronic monitoring, home-based and foster care prevention, and case management services for youth ages 10-17.

SPARC House

150 Linden Avenue

Lynchburg, VA 24503

(434) 847-1713

www.phfs.org

Provides residential and counseling services for female juveniles. Programs are gender specific and include individual, group, and family counseling with an emphasis on social skills development and community services.

Legal Assistance

Legal Aid Hotline

1-866-LEGLAID (1-866-534-5243)

Virginia Poverty Law Center (Family & Sexual Violence)

1-800-868-8752)

Central Virginia Legal Aid Society, Inc. (serving Nelson County)

Piedmont Office

1000 Preston Avenue, Suite B

Charlottesville, VA 22903

(434) 296-8851 www.cvlas.org

Legal Aid Society of Roanoke Valley (serving Bedford County)

132 Campbell Avenue SW, Suite 200

Roanoke, VA 24011

(540) 344-2088

www.vlas.org

Determines financial eligibility using the Federal Poverty Income Guidelines. Provides free legal information, advice, and representation on cases having to deal with housing, health care, economic self-sufficiency, education, public benefits, consumer purchases, and family relations.

Lynchburg Public Defender

Allied Arts Building

725 Church Street

Lynchburg, VA 24504

(434) 947-2244

Virginia Legal Aid Society

513 Church Street

Lynchburg, VA 24504

(434) 846-1326

www.vlas.org

Determines financial eligibility using the Federal Poverty Income Guidelines. Provides free legal information, advice, and representation on cases relating to housing, health care, economic self-sufficiency, education, public benefits, consumer purchases, and family relations.

Language Interpretation/Assistance

Language Line: The Lynchburg Victim Witness Program and the Lynchburg Domestic and Sexual Violence Prosecution Unit has an account and access code to assist with language interpretation during the hours of 8:30 AM - 5:00 PM. Please call Donna Nash at (434) 455-3770 or (434) 455-3790

The Asian & Pacific Islander Institute: has compiled a list of translated materials produced by domestic violence programs around the country. The list encompasses over 500 items that include brochures, forms, manuals, legal glossaries, and more, in 32 Asian and Pacific Islander languages. Materials with

web links can be accessed directly online at www.apiidv.org/resources/translated-materials.php

Materials with web links can be accessed directly. To request materials not available online, please contact the API Institute at 415-568-3315, 415-568-3313, or info@apiidv.org. English versions will be included with all foreign language versions wherever available.

Military

DoD Task Force on Care for Victims of Sexual Assault Hot Line

(24 / 7 restricted / unrestricted reporting) 800-342-9647 (stateside) 00-800-3429-6477 (overseas) and 1-484-530-5908 (overseas collect)

SafeHelpline

24/7 online, telephone, and text support

Phone: 877-995-5247

If you cannot call but have access to the internet, an online chat with an advocate is available at: www.safehelpline.org. You can also use the texting tool which can help access resources in the location you are at text: 55-247 (inside the U.S.), 001-202470-5546 (outside the U.S.)

Military Crisis Line For Crisis Intervention for Service Members, Veterans and Families 1-800-273-8255

Department of Defense Family Advocacy Program

1745 Jefferson Davis Highway
Crystal Square 4, Suite 302
Arlington, VA 22202
Phone: 703-602-4990 DSN: 332-4990

Military Family Resource Center

4040 North Fairfax Drive, Room 420
Arlington, VA 22203-1635
Phone: 703-696-9053 DSN: 426-9053 US Army Family Advocacy Program HQ DA, CFSC-FP

Department of the Army

4700 King Street, 4th Floor
Alexandria, VA 22302-4418
Phone: 703-681-7396 and 703-681-7393

Department of the Navy

5720 Integrity Drive
Millington, TN 38055-6610
Phone: 901-874-4355 DSN: 882-4355

US Air Force Family Advocacy Program

AFMOA/SGZF 2664 Flight Nurse, Building 801
Brooks AFB, TX 78235-5135
Phone: 210-536-2031 and 210-536-2032 DSN: 240-2031/32

US Marine Corps

HQMC M&RA (MRO) 3280 Russell Road
Quantico, VA 22134-5009
Phone: 703-784-9546 DSN: 278-9546

US Coast Guard

USCG Family Advocacy Program,
CG-1112 2100 2nd Street, SW
Washington, DC 20593-0001
Phone: 800-872-4957

Police Departments/Sheriff's Offices

Amherst County Sheriff's Office 186 S. Main Street Amherst, VA 24521
(434) 946-7874
(434) 946-2087 (Fax)
www.amherstsheriff.org

Appomattox County Sheriff's Office
P.O. Box 366 179 Morton Lane
Appomattox, VA 24522
(434) 352-8241
(434) 352-0445 (Fax)
www.appomattoxcountyva.gov/sheriff.shtml

Bedford County Sheriff's Office
1345 Falling Creek Road
Bedford, VA 24523
(540) 586-7827
www.bedfordcountysheriff.org

Campbell County Sheriff's Office
P.O. Box 280
87 Courthouse Lane
Rustburg, VA 24588
(434) 332-9580
www.co.campbell.va.us/depts/sheriff/Pages/index.aspx

Lynchburg Police Department
905 Court Street
Lynchburg, VA 24504
(434) 455-6041
(434) 847-1408 (Fax)
www.lynchburgva.gov/police

Lynchburg Sheriff's Department
907 Clay Street
Lynchburg, VA 24504
(434) 847-1301
(434) 847-1355 (Fax)
www.lynchburgsheriff.org

Nelson County Sheriff's Office

_94 Courthouse Square
Lovingston, VA 22949
(434) 263-7050

Probation/Pretrial Services

Lynchburg Community Corrections & Pretrial Services

925 Church Street
Lynchburg, VA 24504
(434) 455-3750
(434) 847-1037 (Fax)

Bedford Satellite Office

100 Broad Street
Bedford, VA 24523
(540) 587-0615
(540) 587-5638 (Fax)
Local probation and pretrial services for Bedford

Probation & Parole - District 13

725 Church Street, Second Floor
Lynchburg, VA 24504
(434) 947-6651
Serves Counties of Amherst, Campbell and Nelson and the City of Lynchburg.

Probation & Parole - District 20

107-C Turnpike Road
Bedford, VA 24523
(540) 586-7920
Serves Bedford.

Probation & Parole - District 24

P.O. Box 271
601 Industrial Park Road
Farmville, VA 23901
(434) 392-8671
Serves Appomattox County.

Sexual Assault Services

Sexual Assault Response Program

(434) 947-7422 (Office)
(434) 947-7273 (24 hour hotline)
www.ywca.org/centralvirginia
Provides hospital accompaniment, crisis intervention/support, information and referrals, support groups for adult survivors of sexual assault, parents and caregivers of child survivors of sexual assault, and teen survivors of sexual assault, ongoing advocacy, and educational programs.

LGBTQ Partner Abuse and Sexual Assault Helpline

1.866.356.6998 Monday-Friday, 8am-8pm

The LGBTQ Partner Abuse and Sexual Assault Helpline provides a free and confidential telephone service for lesbian, gay, bisexual, trans, and queer or questioning callers looking for information or help regarding intimate partner abuse, sexual assault, and stalking. For Virginia callers.

Social Services

www.dss.state.va.us/localagency Services: Adoption, adult protective services, adult services, auxiliary grants, child care services, child protective services, court ordered home studies, emergency aid, energy assistance program, food stamps, foster care, general relief, Medicaid, TANF

Amherst County Social Services

400 Second Street

Amherst, VA 24521

(434) 946-9330

Appomattox County Social Services

124 N. Court Street

Appomattox, VA 24522

(434) 352-7125

Bedford County Social Services

119 East Main Street

Bedford, VA 24523

(540) 586-7750

Lynchburg Social Services

99 Ninth Street

Lynchburg, VA 24504

(434) 847-1551

Nelson County Social Services

P.O. Box 357

203 Front Street

Lovingston, VA 22949

(434) 263-8334

Rustburg/Campbell County Social Services

69 Kabler Lane

Rustburg, VA 24588

(434) 332-9585

Victim/Witness Programs

Provide assistance to victims and witnesses of crime by explaining the criminal justice system, responding to emotional and physical needs, and providing information and referrals for other needed services.

Amherst County Victim/Witness Program

P.O. Box 358 113 Taylor Street
Amherst, VA 24521
(434) 946-9347
(434) 946-9306 (Fax)
8:30 AM - 5:00 PM

Appomattox County Victim/Witness Program

P.O. Box 863
153A Morton Lane
Appomattox, VA 24522
(434) 352-7791
(434) 352-0619 (Fax)

Bedford County Victim/Witness Program

P.O. Box 1071
123 East Main Street
Bedford, VA 24523
(540) 586-7628
(540) 586-2483 (Fax)

Campbell County Victim/Witness Program

P.O. Box 236
732 Village Highway
Rustburg, VA 24588
(434) 332-9520
(434) 332-9849 (Fax)
www.co.campbell.va.us/depts/courts/Pages/index.aspx

Lynchburg Victim/Witness Program

901 Church Street
Monument Terrace Building, 3rd Floor
Lynchburg, VA 24504
(434) 455-3780
(434) 846-5038 (Fax)
www.ocalynchburg.com/victim_witness/introduction.htm

Nelson County Victim/Witness Program

P.O. Box 447
84 Courthouse Square
Lovingston, VA 22949
(434) 263-7014
(434) 263-7013 (Fax)

Safety Planning

If you are in an abusive situation, it is important that you have a plan for your safety and the safety of your children. Don't ignore the problem - plan ahead and know what you will do if the abuse starts again. What can you do to help yourself? Please consider some or all of these important steps:

- Call the Victim Witness Program, YWCA Domestic Violence Prevention Center, Sexual Assault Response Program (numbers and links provided below) and connect with supportive and caring people, not those who might blame you for the abuse.
- Secure a protective order if necessary - it prohibits an individual from harassing, threatening, approaching, accosting, or even contacting you (refer to the Protective Order section below).
- Identify your partner's use and level of force so that you can tell when you and your children are in danger before it occurs.
- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments begin, try to move to one of these areas.
- If possible, have a phone handy at all times and know what numbers to call for help.
- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Use a code word to signal to them that they should get help or leave the house.
- Practice how to get out safely. Practice with your children.
- Set aside emergency money and hide an extra set of car keys.
- Don't be afraid to call the police.
- Let trusted friends and neighbors know of your situation, and develop a plan and visual signal for when you need help.
- Develop a Personalized Safety Plan today (refer to page 40) don't wait!

If You Leave Your Home . . . The most important thing is to make sure you and your children are safe. Do not leave your children unless you have to go very quickly. This is very important for future custody disputes. If you have to leave them for a short time, go back and get them as soon as possible. Get a police escort if you are afraid that you will be hurt when you return. But remember that the police cannot decide who will be able to keep the children.

What to Take with You . . .

- Any legal documents, such as a deed, mortgage, or lease.
- Keys for the home, car, safe deposit box.
- I.D., including birth certificates for you and your children, health insurance cards, social security cards, driver's license, marriage license, immigration and citizenship papers, and passports.
- Bank books, credit cards.
- Medications.
- Children's feeding bottles, diapers, clothes, favorite toys and blankets.

If possible, have everything packed and within easy reach, or have the police wait for you while you get them together.

Where Can You Go?

- The best option if you are not safe is to call 911. The police can help you get to a safe place.
- If you are hurt or scared, and decide not to call the police, get to the hospital on your own. Try to always see the doctor without your partner. Tell the doctor what happened so that you have written evidence in case you need it in the future.
- You can go to a friend's, relative's, or neighbor's house.
- You can go to a domestic violence shelter. If you need transportation, some shelters can help to arrange this.

A shelter is a safe place to rest and plan your future.

- *"It felt wonderful to be safe behind those shelter doors, and I felt so much better about myself when I found out that I wasn't the only one who had these problems."*
- The shelter can keep you for one night to several weeks. Some have longer programs and transitional housing. Shelters are free and open 24 hours a day, 7 days a week. You will meet other people who have been in similar situations.
- Shelters will provide emergency assistance to men who are being abused by helping them find a safe place to stay, usually a hotel or safe house.
- Even if you don't plan to leave your home right now, you can call a shelter just to talk.

PERSONALIZED SAFETY PLAN

Take some time to design a Personalized Safety Plan for you and your children. The following steps represent my plan to increase my safety and prepare in advance for the possibility of future violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get my children and myself to safety.

STEP 1: SAFETY DURING A VIOLENT INCIDENT

Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.

I can use some or all of the following strategies:

If I decide to leave, I will _____.
(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)

I can keep my purse and car keys ready and put them (place) _____ in order to leave quickly.

I can tell _____ about the violence and ask them to call the police if they hear suspicious noises coming from my house.

I can also tell _____ about the violence and ask them to call the police if they hear suspicious noises coming from my house.

I can teach my children how to use the telephone to contact the police and the fire department.

I will use _____ as my code word with my children and/or my friends so they will know to call for help.

If I have to leave the house, I will go _____.
(Decide this even if you don't think there will be a next time.)

If I cannot go to the location above, then I can go to _____
or _____.

I can also teach some of these strategies to some/all of my children.

When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____.
(Try to avoid arguments in the bathroom, garage, kitchens, near weapons, or in rooms without access to an outside door.)

I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her. I have to protect myself until I/we are out of danger.

STEP 2: SAFETY WHEN PREPARING TO LEAVE

Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe their partner is leaving the relationship.

I can use some or all of the following safety strategies:

I will leave money and an extra set of keys with _____ so I can leave quickly.

I will keep copies of important documents (see step 8) or keys at _____.

I will open a savings account by _____ to increase my independence.

Other things I can do to increase my independence include:

The Domestic Violence Program's Hotline number is _____.
I can seek shelter by calling this hotline.

I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I must use coins, purchase a calling card, or maybe get a friend to allow me to use her telephone credit card for a limited time when I first leave.

I will check with _____ and _____ to see who would be able to let me stay with them and lend me some money.

I can leave extra clothes with _____.

I will sit down and revise my safety plan every _____ in order to plan the safest way to leave my residence. _____ (domestic violence advocate or friend) has agreed to help me review this plan.

I will rehearse my escape plan and, as appropriate, practice it with my children.

STEP 3: SAFETY IN MY OWN RESIDENCE

There are many things that a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step-by-step.

Safety measures I can use include:

I can change the locks on my doors and windows as soon as possible.

I can replace wooden doors with steel/metal doors.

I can install security systems, including additional locks, window bars, poles to wedge against doors, an electronic system, etc.

I can purchase rope ladders to be used for escape from second floor windows.

I can install smoke detectors and purchase fire extinguishers for each floor of my house or apartment.

I can install an outside lighting system that lights up when a person is coming close to my house.

I will teach my children how to use the telephone to make a collect call to me and to _____ (friend, faith leader, other) in the event that my partner takes my children.

I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about the pick-up permission include:

_____ (school)
_____ (day care staff)
_____ (babysitter)
_____ (Sunday School teacher)
_____ (teacher)
_____ and
_____ (others)

I can inform _____ (neighbor),
_____ (minister, rabbi, or other faith leader), and _____ (friend) that my partner no longer resides with me and they should call the police if he is observed near my residence.

STEP 4: SAFETY WITH A PROTECTIVE ORDER

Many batterers obey protective orders, but one can never be sure which violent partner will obey and which will violate protective orders.

The following are steps that I can take to help the enforcement of my protective order:

I recognize that I may need to ask the police and the courts to enforce my protective order.

I will keep my protective order _____(location).
(Always keep it on or near your person. If you change purses, that's the first thing that should go in it.)

I will give copies of my protective order to police departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live.

I can call the local Domestic Violence Program if I have problems with or questions about my protective order.

I will inform my employer, my minister/rabbi/faith leader, my closest friend, _____and _____ that I have a protective order in effect.

If my partner destroys my protective order, I can get another copy from the clerk of the court.

If my partner violates my protective order, I can call the police or go the magistrate and report the violation.

If the police do not help, I can contact my domestic violence advocate, my attorney and/or the Commonwealth's Attorney, and I can file a complaint with the chief of the police department or the sheriff.

If my partner commits a new crime, I can file a criminal complaint with the magistrate in the jurisdiction where the crime was committed. I can call the Domestic Violence Program to help me.

STEP 5: SAFETY ON THE JOB AND IN PUBLIC

Each battered woman must decide if and when she will tell others that her partner has battered her and that she may be at continued risk. Friends, family, and coworkers can help to protect women. Each woman should consider carefully which people to invite to help her secure her safety.

I might do any or all of the following:

I can inform my boss, the security supervisor, and _____ at work of my situation.

I can ask _____ to help screen my telephone calls at work.

When leaving work, I can _____.

When driving home, if problems occur, I can _____.

_____.
If I ride the bus/metro/subway, I can _____
_____.

I can use different grocery stores and shopping malls to get what I need and I can shop at hours that are different from those my batterer might expect.

I can use a different bank and take care of my banking at hours that are different from those I used when I was with my batterer.

I can also _____.

STEP 6: SAFETY AND DRUG OR ALCOHOL USE

Many people use alcohol. Many use mood-altering drugs. Much of this use is legal, and some is not. The legal outcomes of using illegal drugs can be very hard on a battered woman, may hurt her relationship with her children, and put her at a disadvantage in other legal actions with her battering partner. Therefore, women should carefully consider the potential cost of the use of illegal drugs. Beyond this, the use of any alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a woman needs to make specific safety plans.

If drug or alcohol use has occurred in my relationship with my batterer, I can enhance my safety by some or all of the following:

If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

I can also _____.

If my partner is using, I can _____.

I might also _____.

To safeguard my children, I might _____
_____.

STEP 7: SAFETY AND MY EMOTIONAL HEALTH

The experience of being battered and abused in other ways (verbally, sexually, financially, etc.) is exhausting and emotionally draining. The process of building a new life for yourself takes much courage and incredible energy.

To conserve my emotional energy and resources, and to avoid hard emotional times, I can do some or all of the following:

If I feel down and ready to return to a potentially abusive situation, I can _____.

When I have to communicate with my abuser in person or by telephone, I can _____
_____.

I can try to use “I can...” statements with myself and to be assertive with others.

I can tell myself “_____” whenever I feel others are trying to control or abuse me.

I can read _____ to help me feel stronger.

I can call _____, _____, and/or _____ as other resources to support me.

Other things I can do to help me feel stronger are _____, _____, and _____.

I can attend workshops and support groups at the Domestic Violence Program or _____ or _____ or _____ to gain support and strengthen my relationships with other people.

STEP 8: ITEMS TO TAKE WHEN LEAVING

If you leave your partner, it is important to take certain items with you. Some women also give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

When I leave, I should take the following items. These items might be best placed in one location, so that if we have to leave in a hurry, I can grab them quickly.

MOST IMPORTANT:

- Identification for myself
- Children’s birth certificates
- My birth certificate
- Social Security cards
- School and vaccination records
- Money
- Checkbook, ATM or debit card
- Credit cards
- Keys - house, car, office, etc.
- Driver’s license and registration
- Medications

DANGER ASSESSMENT

Jacquelyn C. Campbell, PhD, RN, FAAN

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Several risk factors have been associated with increased risk of homicides (murders) of women and men in violent relationships. We cannot predict what will happen in your case, but we would like you to be aware of the danger of homicide in situations of abuse and for you to see how many of the risk factors apply to your situation.

Using a calendar, please mark the approximate dates during the past year when you were abused by your partner or ex-partner. Write on that date how bad the incident was according to the following scale:

1. Slapping, pushing; no injuries and/or lasting pain
2. Punching, kicking; bruises, cuts, and/or continuing pain
3. "Beating up"; severe contusions, burns, broken bones, miscarriage
4. Threat to use weapon; head injury, internal injury, permanent injury, miscarriage
5. Use of weapon; wounds from weapon

(If **any** of the descriptions for the higher number apply, use the higher number.)

Mark **Yes** or **No** for each of the following.

("He" refers to your husband, partner, ex-husband, ex-partner, or whoever is currently physically hurting you.)

Yes or No

- | | | |
|--------------------------|-----|--|
| <input type="checkbox"/> | 1. | Has the physical violence increased in severity or frequency over the past year? |
| <input type="checkbox"/> | 2. | Does he own a gun? |
| <input type="checkbox"/> | 3. | Have you left him after living together during the past year? |
| <input type="checkbox"/> | 3a. | (If have <i>never</i> lived with him, check here___) |
| <input type="checkbox"/> | 4. | Is he unemployed? |
| <input type="checkbox"/> | 5. | Has he ever used a weapon against you or threatened you with a lethal weapon? |
| <input type="checkbox"/> | 5a. | (If yes, was the weapon a gun?___) |
| <input type="checkbox"/> | 6. | Does he threaten to kill you? |
| <input type="checkbox"/> | 7. | Has he avoided being arrested for domestic violence? |
| <input type="checkbox"/> | 8. | Do you have a child that is not his? |
| <input type="checkbox"/> | 9. | Has he ever forced you to have sex when you did not wish to do so? |
| <input type="checkbox"/> | 10. | Does he ever try to choke you? |
| <input type="checkbox"/> | 11. | Does he use illegal drugs? By drugs, I mean "uppers" or amphetamines, speed, angel dust, cocaine, "crack", street drugs or mixtures. |
| <input type="checkbox"/> | 12. | Is he an alcoholic or problem drinker? |

- 13. Does he control most or all of your daily activities? (For instance: does he tell you who you can be friends with, when you can see your family, how much money you can use, or when you can take the car?
(If he tries, but you do not let him, check here:)
- 14. Is he violently and constantly jealous of you? (For instance, does he say "If I can't have you, no one can.")
- 15. Have you ever been beaten by him while you were pregnant?
(If you have never been pregnant by him, check here:)
- 16. Has he ever threatened or tried to commit suicide?
- 17. Does he threaten to harm your children?
- 18. Do you believe he is capable of killing you?
- 19. Does he follow or spy on you, leave threatening notes or messages on answering machine, destroy your property, or call you when you don't want him to?
- 20. Have you ever threatened or tried to commit suicide?

- Total "Yes" Answers

Thank you. Please talk to your nurse, advocate or counselor about what the Danger Assessment means in terms of your situation.

